

# TRUE-U

## Healthy Relationship with Social Media

A reflective workbook to help you understand how social media affects you and create healthier habits.

Social media can be a great way to connect, but it can also affect how we think and feel. This workbook helps you explore your relationship with it.

### 1. Your Usage

*How often do you use social media? How does it fit into your day?*

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### 2. Emotional Impact

*How do you feel before, during and after using social media?*

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### 3. Comparison & Self-Image

*Do you compare yourself to others online? How does this affect you?*

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### 4. Triggers

*What types of content affect your mood the most?*

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### 5. Boundaries

*What boundaries could help you feel more balanced? (time limits, breaks, unfollowing)*

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### 6. Positive Use

*What do you enjoy about social media? What feels helpful or inspiring?*

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### 7. Offline Balance

*What activities help you feel good away from screens?*

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### 8. Making Changes

*What small changes could you make to improve your relationship with social media?*

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### 9. Support

*Who can support you if you want to make changes?*

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### 10. Moving Forward

*What would a healthy, balanced relationship with social media look like for you?*

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